

# Toi-Gye

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neoconfucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude and the diagram represents scholar.

퇴계



## The history of the Toi-Gye

Yi Hwang was born in Ongye-ri, Andong, North Gyeongsang Province, in 1501. He belonged to the Jinbo Yi clan, and was the youngest son among eight children. A child prodigy, he learned the Analects of Confucius from his uncle at age twelve and admiring the poetry of Tao Yuanming, started writing poetry. His poem Yadang "Pond in the Wild", written at the age of eighteen, is considered one of his major works. Around the age of twenty, he immersed himself in the study of I Ching and Neo-Confucianism.

Neo-Confucianism was adopted as the official orthodoxy at the foundation of the Choson dynasty in 1392. The rich synthesis of a metaphysical system of Taoist proportions, meditative cultivation of consciousness reminiscent of Buddhist practice which Chu Hsi and other early Neo-Confucians wove about the core of traditional Confucian concerns for government and proper social ethics provided wide scope for varied and uneven development. During the first century activists in government focused on institutional reform while far from the capitol scholars in the countryside concentrated on the more meditative and self-cultivation oriented features of Neo-Confucian learning. The differing orientations crystallized into bloody clashes and purges by the end of the fourteenth century as young men steeped in moral rigorism began to move from the countryside into government.

He came to Seoul when he was 23 years old and entered the national academy Sungkyunkwan in 1523. In 1527 he passed preliminary exams to become a government official, but re-entered Sungkyunkwan at the age of 33 and socialized with the scholar Kim In-hu. He passed the civil service exams with top honors in 1534 and continued his scholarly pursuits whilst working for the government. He returned to his childhood home at the death of his mother at the age of 37 and mourned her for 3 years. He was appointed various positions from the age of 39 and sometimes held multiple positions including secret royal inspector, or Amhaengeosa, in 1542. His integrity made him relentless as he took part in purges of corrupt government officials. On numerous occasions he was even exiled from the capital for his firm commitment to principle.



Yi Hwang was disillusioned by the power struggles and discord in the royal court during the later years of King Jungjong's reign and left political office. However, he was continuously brought out of retirement and held several positions away from the royal court and in rural areas. He was the governor of Danyang at 48 and governor of Punggi afterwards. During his days at Pungi he redeveloped and improved the private Neo-Confucian academy Baekundong Seowon established by his predecessor Ju Se-bung.

He was named Daesaseong (head instructor) of Sungkyunkwan in 1552 but turned down other prominent offices later on. In 1560, he established the Dosan seodang and engrossed himself in meditation, study, and teaching his disciples. King Myeongjong tried to coax him back to political office, but he was steadfast in his devotion to study. He finally returned to the royal court at 67 upon the king's request when envoys from the Ming Dynasty came to Seoul.

When King Myeongjong suddenly died, his successor King Seonjo appointed Yi Hwang as Yejo panseo (minister of rites) but he declined and returned to his home once again.

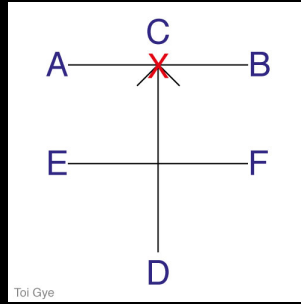
However, the king continuously called Yi Hwang back and unable to refuse further, he resumed office at the age of 68. His comprehensive grasp of Chu Hsi's thought clarified the balance between activity and quiet, government and retired self-cultivation, and by the end of his life it was his disciples who were moving into high government positions.

A year before his death he crystallized and presented to the king his understanding of the way metaphysics and psychological structures inform ascetical theory and eventuate in the conduct of daily life. This work, the Ten Diagrams on Sage Learning (Songhak sipdo) became one of the most famous and influential works of Korean Neo-Confucianism.



During forty years of public life he served four kings (Jungjong, Injong, Myeongjong, and Seonjo). On his death, Yi Hwang was posthumously promoted to the highest ministerial rank, and his mortuary tablet housed in a Confucian shrine as well as in the shrine of King Seonjo. His disciples and followers reorganized the Dosan seodang to Dosan Seowon in 1574.

## Toi-Gye Tul



(37 Movements)

Number of attacks: 16  
Number of hand attacks: 12  
Number of foot attacks: 4  
Number of blocks: 20  
Number of hand blocks: 20  
Number of foot blocks: 0  
Number of ready stances: 1

## New techniques learnt in Toi-Gye

Upward kick with the knee  
(Moorup ollyo chagi)



Sitting stance while executing a W-shape block with the outer forearm  
(Annun so bakat palmok san makgi)



Jump forming X stance while executing a pressing block with an X-fist  
(Twimyo kyocho so kyocho joomuk noollo makgi)



Walking stance while executing a low thrust with the upset finger tip  
(Gunnun so dwijibun sonkut najunde tulgi)



Walking stance while executing a pressing block with an X-fist  
(Gunnun so kyocho joomuk noollo makgi)



Walking stance while executing a high thrust with the flat finger tip  
(Gunnun so opun sonkut nopunde tulgi)



Close stance while executing a side back strike with the back fist  
(Moa so dung joomuk yopdwi taerigi)



Close stance while executing a twin side elbow thrust  
(Moa so sang yop palkup tulgi)



L stance while executing a low pushing block with the double forearm  
(Niunja so doo palmok najunde miro makgi)



L stance while executing a side back strike with the back fist  
(Niunja so dung joomuk yopdwi taerigi)



L stance while executing a low guarding block with the knife-hand  
(Niunja so sonkal najunde daebi makgi)



START: Close Ready Stance B

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot.
3. Bring the left foot to the right foot to form a close stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A, forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset fingertip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a close stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side-downward. Perform in slow motion.
7. Move the left foot to D, forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot, forming a close stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion, forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion, turning counterclockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D, forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C, forming a left walking stance toward C while executing a high thrust to C with the left flat fingertip.
25. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C, forming a right walking stance toward C, at the same time executing a high thrust to C with the right flat fingertip.
28. Move the right foot to D, forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C, forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.
31. Move the left foot to B, forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

END: Bring the right foot back to Close Ready Stance B